



Fitness in the park

SEPTEMBER 2016 SCHEDULE

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



@SAParksFitness
San Antonio Parks and Recreation Fitness

WEATHER HOTLINE (210) 207-3128

SCHEDULE LEGEND



Outdoor Class



Indoor Class









Outdoor During Nice Weather
Indoor During Bad Weather

BOOT CAMPS
















Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.



Class Name		Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center *No class Sept 5
Adult Boot Camp		Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center *No class Sept 5
Adult Boot Camp		Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom *No class Sept 17
Boot Camp		South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center *No class Sept 5
Boot Camp		Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library *No class Sept 3
Boot Camp		Travis Park 301 E Travis	Wed	5:30 pm	In the park
















CIRCUIT TRAINING













Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training hosted by Honor 22		LBJ Park 10700 Nacogdoches	Sat, Sept 17	9:00 am	At the parking lot of Alva Jo Fischer Softball Complex
Adult Circuit Training hosted by Honor 22		Kennedy Park 3101 Roselawn Rd	Sat, Sept 10	9:00 am	At the pavilion near the softball fields
Adult Circuit Training		McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues/Thurs	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	Next to the playground
Adult Circuit Training	 	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class Sept 5
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk *No class Sept 5
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion *No class Sept 5
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts *No class Sept 11
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun, Sept 11	10:00 am	Near the Farmer's Market
Adult Circuit Training	 	Lions Field 2809 Broadway	Tues	7:30 pm	Inside Lions Field Adult and Senior Center

CIRCUIT TRAINING, CROSS TRAINING AND MORE



Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations *No class Sept 5
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library *No class Sept 3
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library *No class Sept 5
Adult Low-Impact Circuit Training		Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Adult Low Impact Circuit Training		West End Park 1401 N Hamilton	Mon	8:30 am	Next to Frank Garrett Center *No class Sept 5
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	6:30 pm	Next to the playground *No class Sept 5
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground *No class Sept 5
Circuit Training		La Villita 418 Villita St.	Tues, Sept 6	8:00 pm	Next to Mobile Fit SA
Easy Movement (Adults and Seniors)		Lions Field 2809 Broadway	Mon / Fri	10:00 am	Inside Lions Field Adult and Senior Center *No class Sept 5
Functional Fitness (Adults and Seniors)		Lions Field 2809 Broadway	Thurs	8:30 am	Inside Lions Field Adult and Senior Center

INTERVAL TRAINING




Class Name		Location	Day(s)	Time	Meeting Place
Interval Training	 	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center
Interval Training		Bonnie Conner Park 13300 Woller	Thurs	6:30 pm	Next to the playground
Interval Training	 	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
Interval Training		Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts *No class Sept 11
Interval Training		McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion *No class Sept 5
Interval Training	 	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class Sept 5
Interval Training		La Villita 418 Villita	Tues, Sept 6	7:00 pm	Next to the Mobile Fit SA

Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session giving everyone a complete body work out.



BICYCLE CIRCUIT




Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. Each participant must have his/her own bicycle and helmets are required.

Class Name		Location	Day(s)	Time	Meeting Place
Bicycle Circuit	 	Mission Library 3134 Roosevelt	Sat	2:00 pm	Meet in the library courtyard *In the case of rain, meet inside the library for a traditional circuit training class *No class Sept 17
Cyclo Cross (Beginners and Kids)		LBJ Park 10700 Nacogdoches	Wed	6:10 pm	Meet next to Lou Hamilton Community Center
Cyclo Cross (Open)		LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Meet next to Lou Hamilton Community Center

Although traditional cyclo cross is a form of bicycle racing, we prefer to focus on the fitness element. The emphasis is on the cyclist's aerobic and muscular endurance, as well as bike handling skills. Bring your bike and join us for an off-road bicycle obstacle course ride that is sure to help sharpen your skills and give you a great workout! Helmets are required.

FAMILY FITNESS FRENZY










Family Fitness Frenzy is a great way to work out as a family. This unique exercise class allows the entire family to work out together. Activities are modified for all ages and abilities. Model healthy habits to your children while improving your family's overall health. A parent or guardian must stay with their children during class.

Class Name		Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy		OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground *No class Sept 5
Family Fitness Frenzy		Lockwood Park 801 N. Olive	Sun, Sept 11	11:00 am	Near the Farmer's Market
Family Fitness Frenzy		La Villita 418 Villita St.	Tues, Sept 6	6:00 pm	At the Mobile Fit SA



CROSS FIT














Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

Class Name		Location	Day(s)	Time	Meeting Place
Cross Fit	 	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	 	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center *No class Sept 5
Cross Fit		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion
Cross Fit	 	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field
Cross Fit for Adults		Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field
Cross Fit		Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground
Cross Fit		Pearsall Park 4700 Old Pearsall Rd.	Wed	6:00 pm	At the Fitness Challenge Zone

YOGA, TAI CHI AND MEDITATION

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Try one of several types of yoga offered, including our Family Friendly Yoga classes that are open to families with young children. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity.




Class Name		Location	Day(s)	Time	Meeting Place
Yoga		Dorie Miller 2802 MLK Dr.	Sat	11:30 am	Inside Dorie Miller Community Center
Yoga	 	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside Mission Library *No class Sept 17
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Family Friendly Yoga		Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom *No class Sept 17
Family Friendly Yoga		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations *No class Sept 5
Chair Yoga		Dorie Miller 2802 MLK Dr.	Sat	10:30 am	Inside Dorie Miller Community Center
Tai Chi		Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Stretching and Recovery		Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts *No class Sept 11
Meditation		Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center
Yoga		Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center
Yoga hosted by Trinity Market		San Pedro Park 1315 San Pedro	Tues	7:00 pm	At the gazebo

IN THE POOL





Water Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints.



Class Name		Location	Day(s)	Time	Meeting Place
Aqua Zumba		Woodlawn Pool 221 Alexander	Wed	6:45 pm	Inside the pool *No class Sept 28
Aqua Fitness		San Antonio Natatorium 1430 W. Cesar Chavez	Tues/Thurs	11:30 am	Inside the pool *No class Sept 1

LAP SWIMMING

Lap Swimming is a great full body workout that combines cardiovascular endurance with muscular strength training. Stay cool and get fit with San Antonio Parks and Recreation Lap Swimming program.

Class Name		Location	Day(s)	Time	Meeting Place
Lap Swimming		Woodlawn Lake Park 221 Alexander	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool *Last session Sept 22
Lap Swimming		Southside Lions Park 3100 Hiawatha	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool *Last session Sept 22
Lap Swimming		LBJ Park 10700 Nacogdoches	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool *Last session Sept 22
Lap Swimming		Heritage Park 1423 Ellison	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool *Last session Sept 22

Class Name		Location	Day(s)	Time	Meeting Place
Core Blast		Rainbow Hills 528 Rasa	Mon	7:00 pm	Inside Yates Community Center *No class Sept 5
Core Blast		Palm Heights 1201 W Malone	Tues	7:30 pm	Inside Palm Heights Community Center
Core Blast		Copernicus Park 5003 Lord Rd.	Tues	6:30 pm	Inside Copernicus Community Center
Core Blast		Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center *No class Sept 3
Core Blast		Miller's Pond 6175 Old Pearsall Rd	Wed	6:00 pm	Inside Miller's Pond Community Center
Walk to Run		Rainbow Hills 528 Rasa	Tues/Thurs	7:00 pm	At Yates Community Center *No class Sept 1
Walk to Run		Rainbow Hills 528 Rasa	Sat	1:00 pm	At Yates Community Center *No class Sept 3
Walk to Run		Monterrey Park 5909 W. Commerce	Wed	6:00 pm	At Melendrez Community Center
Walk to Run		Villa Coronado 11031 Ruidosa	Mon/ Wed	6:30 pm	At Father Roman Community Center *No class Sept 5
Walk to Run		Garza Park 1450 Mira Vista	Mon/ Wed/ Fri	5:30 pm	At Garza Community Center *No class Sept 2 or 5
Walk to Run		Normoyle Park 700 Culberson	Mon/Tues	7:00 pm	At Normoyle Community Center *No class Sept 5
Walk to Run		Normoyle Park 700 Culberson	Sat	2:00 pm	At Normoyle Community Center *No class Sept 3
Walk to Run		Copernicus Park 5003 Lord Rd.	Wed	6:30 pm	At Copernicus Community Center
Walk to Run		Arnold Park 1011 Gillette	Sat	2:00 pm	At Ramirez Community Center *No class Sept 3
Walk to Run		Miller's Pond 6175 Old Pearsall Rd	Tues/Wed	7:00 pm	At Miller's Pond Community Center
Walk to Run		Miller's Pond 6175 Old Pearsall Rd	Sat	10:00 am	At Miller's Pond Community Center *No class Sept 3








FITNESS FUN

Fitness Fun is a series of classes that rotate every two months. They are hosted at a local community center, led by SA Parks staff and include a wide variety of opportunities to get active and stay fit!

Core Blast is a 30 minute, high intensity abdominal workout. Lose weight and tone your mid-section in this class focused on strengthening your core muscles.











Walk to Run is a program that will develop your endurance, stamina and overall fitness. This program is designed to improve your ability to walk or run longer distances while improving your overall health.

Workout of the Day (WOD) provides you with a no-equipment needed workout. Each WOD will focus on dynamic movements, functional movements and calisthenics while having fun and teaching you exercises you can do at home.

Class Name		Location	Day(s)	Time	Meeting Place
Walk to Run		San Juan 2307 S. Calavaras	Tues/ Thurs	6:00 pm	At San Juan Community Center *No class Sept 1
Workout of the Day		Rainbow Hills 528 Rasa	Wed	7:00 pm	Inside Yates Community Center
Workout of the Day		Palm Heights 1201 W Malone	Wed	7:30 pm	Inside Palm Heights Community Center
Workout of the Day		South Side Lions 3100 Hiawatha	Sat	3:00 pm	Inside South Side Lions Community Center *No class Sept 3
Workout of the Day		Copernicus Park 5003 Lord Rd.	Sat	11:00 am	Inside Copernicus Community Center *No class Sept 3
Workout of the Day		Miller's Pond 6175 Old Pearsall Rd.	Sat	11:00 am	Inside Miller's Pond Community Center *No class Sept 3
Workout of the Day		Dawson Park 2500 E. Commerce	Mon	7:00 pm	Inside Dawson Community Center *No class Sept 5



Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!











Class Name		Location	Day(s)	Time	Meeting Place
Zumba Toning		McAllister Park <i>13102 Jones Maltsberger</i>	Sat	9:00 am	At the Turkey Roost Pavilion
Zumba		Arnold Park <i>1011 Gillette</i>	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park <i>835 W. Southcross</i>	Wed	6:30 pm	Inside the Y Living Center
Zumba hosted by the Westside YMCA		Rosedale Park <i>2900 Ruiz</i>	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at OP Schnabel Park		OP Schnabel Park <i>9606 Bandera</i>	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba hosted by Community First Health Plans	 	Garza Park <i>1450 Mira Vista</i>	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans	 	LBJ Park <i>10700 Nacogdoches</i>	Sat	11:30 am	Inside Lou Hamilton Community Center
Zumba		Highland Park <i>901 Rigsby</i>	Mon	6:00 pm	Inside Bode Community Center *No class September 5



DANCE FITNESS




Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, ballet, hula, and folklórico, we have something for everyone.










Class Name		Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio *Ages 11 to Adult
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center *No class Sept 5
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center
Line Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	3:30 pm	Inside Berta Almaguer Dance Studio
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues/Thurs	5:30 pm	Inside Enrique Barrera Fitness Center *Class taught in Spanish
Intro to Folklórico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklórico Dance for adults		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio
CIZE Live		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	7:00 pm	Inside Enrique Barrera Fitness Center



MORE DANCE FITNESS

SCHEDULE LEGEND	
	Outdoor Class
	Indoor Class
	Outdoor During Nice Weather Indoor During Bad Weather

Class Name		Location	Day(s)	Time	Meeting Place
Adult Belly Dancing		Lions Field Adult & Senior Center 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio
ATS Belly Dancing		Encino Library 2515 East Evans Rd.	Sun	5:00 pm	Inside Encino Library *No class September 11
Adult Belly Dancing		Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center
Adult Belly Dancing		Commander's House 622 S. Flores	Tues	11:00 am	Inside Commander's House
Adult Caribe Rico Miderno		Lions Field Adult & Senior Center 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center
Adult Caribe Rico Miderno		Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center

MORE CARDIO

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.











Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Piloxing is a fusion of Pilates, boxing, and dance done through interval training. Come try this new and unique exercise class!

Martial Arts is a great way to improve your balance, strength, flexibility and overall conditioning. This unique class allows you to work out as a family.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.











Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Cardio Kickboxing hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Body Combat hosted by the Davis Scott YMCA		Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Check in at the Davis- Scott YMCA reception desk
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Piloxing		LBJ Park 10700 Nacogdoches	Wed	7:00 pm	Inside Lou Hamilton Community Center
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> *No class Sept 3
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> *No class Sept 3
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center *No class Sept 8 or 22

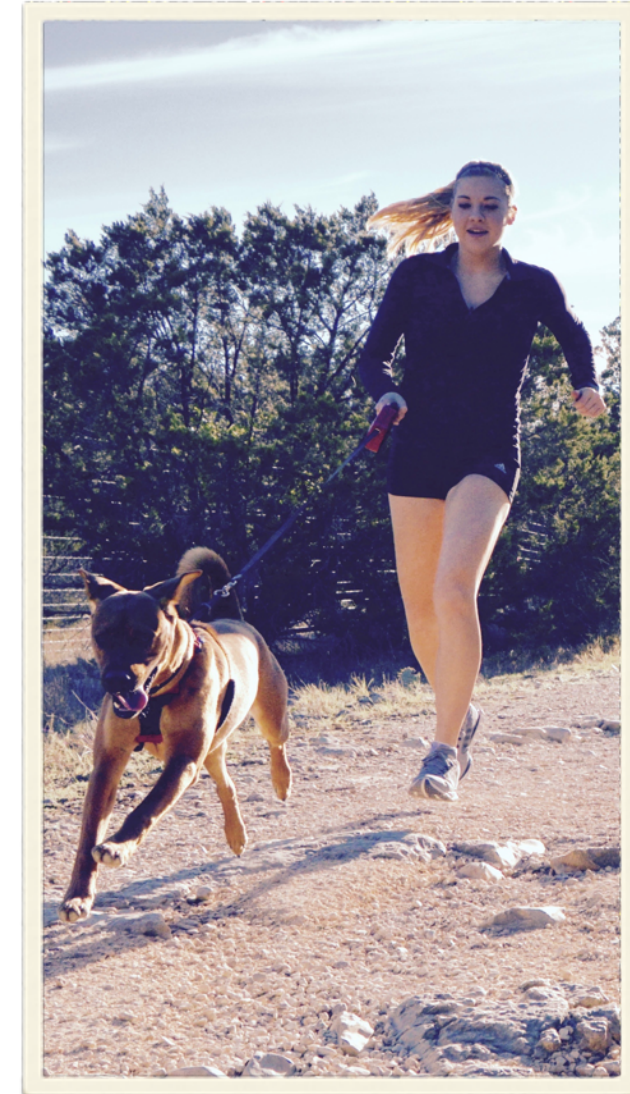


WALKING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!

The National Recreation and Parks Association (NRPA) understands the benefits of walking as a form of exercise. Through their walking initiatives, NRPA is encouraging communities to design safe, walkable communities such as our Greenway Trail System as well as promote programs that encourage and support walking such as the programs listed here. Join the national push to “Get Out and Walk in Your Local Park”.









Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center *No class Sept 5
Power Walk		Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class Sept 5
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus Community Center
Community Walk		Pittman-Sullivan Park 1213 Iowa	Sat, Sept 24	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon	9:30 am	Next to Frank Garrett Center *No class Sept 5
Trail Walking		Pearsall Park 4700 Old Pearsall Rd	Wed	5:00 pm	At the Fitness Challenge Zone
Walking in the Park		Lions Field 2809 Broadway	Mon / Wed	8:30 am	At Lions Field Adult and Senior Center *No class Sept 5



JUST FOR KIDS



Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!



Class Name		Location	Day(s)	Time	Meeting Place
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>
Youth Basketball Conditioning		Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center *Middle School Boys and Girls
Youth Basketball Conditioning		Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center *High School Boys and Girls
Youth and Adult Basketball Conditioning		Copernicus Park 4003 Lord Rd	Mon	7:00 pm	Inside Copernicus Community Center *No class Sept 5
Youth Volleyball Conditioning		Copernicus Park 4003 Lord Rd	Wed	6:30 pm	Inside Copernicus Community Center
Youth Sports Conditioning	 	Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside Cuellar Community Center
Cyclo Cross		LBJ Park 10700 Nacogdoches	Wed	6:10 pm	Next to Lou Hamilton Community Center

MOM, POP AND TOT

Mom, Pop & Tot Fitness is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout!














Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, Sept 3	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430



NET SPORTS

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation, try table tennis, pickle ball, or RoTenGo, the hottest new racket in town! Labor Street Park is home to a set of marked RoTenGo courts for your enjoyment.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library
Adult Table Tennis		Lions Field 2809 Broadway	Mon	1:00 pm to 3:30 pm	Inside Lions Field Adult and Senior Center *No class Sept 5
Adult Table Tennis		Lions Field 2809 Broadway	Fri	4:30 pm to 6:30 pm	Inside Lions Field Adult and Senior Center
Adult Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center *No class Sept 5
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Adult Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center *No class Sept 5
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs)
RoTenGo		Labor Street Park 442 Labor Street	Tues	6:15 pm	Meet on the RoTenGo courts
Chair Volleyball for adults		Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Community Center
Adult Tennis		McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19

TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**
Harlandale Park

- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park

- **Low Impact Circuit**
Lackland Terrace Park
Parman Library

- **Yoga**
Enrique Barrera Center
Cuellar Park

- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Highland Park

- **Family Fitness Frenzy**
OP Schnabel Park

- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park

- **Core Training**
OP Schnabel Park

- **Honor 22**
Kennedy Park
LBJ Park



Fit Pass 2016: A season to remember

Fit Pass 2016 has been full of wonderful experiences, new friends and some great fitness & wellness adventures. The final day to earn points for this year's Fit Pass program is Saturday, September 3rd, 2016. Be sure to turn in your passport booklet before September 10th to be entered into the contest for some amazing prizes. Directions on how to submit your booklet is in the front cover of your passport. If you are tracking your points using the 'SA Parks Fitness' app there is no need to submit anything. We already have your information.

Fit Pass 2016 wraps up with our awards ceremony at Siclovía on September 25th, 2016. This year's route includes a longer stretch of Broadway with the ceremony for Fit Pass taking place at Mahncke Park (3400 Broadway). Be there to cheer on the winners and enjoy another great day of fitness in San Antonio!




Fitness in the Park
Spotlight
September 2016



“What will I do without Fit Pass?” Many of the exciting programs you participated in have opportunities all year round including Fitness in the Park, volunteer opportunities, the San Antonio Zoo, Farmer's Markets throughout town, Social Fitness Walks, workouts at a YMCA, Nutrition and Diabetes classes, Por Vida, Greenway Trails and much, much more. Let this Fit Pass experience spark a lifestyle change that encourages you and your family to live a healthier lifestyle.

WEEKLY SCHEDULE

AUGUST - SEPTEMBER 2016

Monday August 29	Tuesday August 30	Wednesday August 31	Thursday September 1	Friday September 2	Saturday September 3	Sunday September 4
5:15 am Circuit Training Walker Ranch Park	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	Line Dancing Granados Center	Hip Hop Dance Berta Almaguer Studio	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Lou Kardon Park	Functional Fitness Lions Field	Easy Movement Lions Field	Zumba McAllister Park	Yoga Pan American Library
Low Impact Circuit West End Park	Chair Volleyball Lackland Terrace Park	Walking Group Lions Field	Water Fitness SA Natatorium	Tai Chi Pan American Library	Boot Camp Hardberger Park East	Stretching Hardberger Park West
Walking Group Lions Field	10:00 am Folklorico Berta Almaguer Studio	10:00 am Low-Impact Circuit Lackland Terrace Park	11:30 am Table Tennis Mission Library	11:00 am Folklorico Granados Center	Stroller Strides Hardberger Park East	12:00 pm Stretches Hardberger Park West
9:30 am Modified Tennis Granados Center	11:00 am Ballet Exercise Berta Almaguer Studio	12:30 pm Belly Dancing Granados Park	5:30 pm Walking Group Woodlawn Lake Park	4:30 pm Table Tennis Lions Field	Zumba Rosedale Park	5:00 pm Belly Dancing Encino Library
10:00 am Low-Impact Circuit Farman Library	Belly Dancing Commander's House	1:30 pm Caribe Rico Miderno Granados Park	Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Cross Fit Monterey Park	
Social Walk Lackland Terrace Park	1:00 pm Table Tennis Mission Library	5:00 pm Trail Walking Pearsall Park	Bailar es vivir Enrique Barrera FC	Rotengo Jesse James Leija Gym	Chair Yoga Dorie Miller Park	
Easy Movement Lions Field	5:00 pm Kids Cross Fit Rainbow Hills Park	5:30 pm Boot Camp Travis Park	6:00 pm Circuit Training Enrique Barrera FC	11:00 am Body Pump Rosedale Park	Yoga Hardberger Park East	
10:30 am Pickleball Granados Park	6:00 pm Circuit Training Enrique Barrera FC	6:00 pm Cardio Kickboxing Walker Ranch Park	Tae Bo Copernicus Park	11:30 am Interval Training McAllister Park		
1:00 pm Table Tennis Lions Field	Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park	Yoga Dorie Miller Park		
5:30 pm Walking Group Woodlawn Lake Park	5:30 pm Belly Dancing Lions Field	Yoga LBJ Park	Interval Training Bonnie Conner Park	Zumba LBJ Park		
Family Fitness OP Schnabel Park	6:00 pm Circuit Training Enrique Barrera FC	Cross Fit Pearsall Park	Cross Training Garza Park	12:00 pm Cardio Kickboxing Rosedale Park		
6:00 pm Hula LBJ Park	Cross Fit Highland Park	6:10 pm Cyclo Cross LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park	1:00 pm Walk It Out Fitness Copernicus Park		
Circuit Training Collins Garden Park	Zumba Arnold Park	6:30 pm Boot Camp Garza Park	Interval Training Woodlawn Lake Park	2:00 pm Bicycle Circuit Training Mission Library		
Zumba Highland Park	Tae Bo Copernicus Park	Zumba Jimmy Flores Park		Basketball Conditioning Arnold Park		
6:30 pm Piloxing South Side Lions Park	Cross Fit Rainbow Hills Park	Interval Training Ward Park		3:00 pm Basketball Conditioning Arnold Park		
Boot Camp Garza Park	Boot Camp McAllister Park	Body Combat Pittman-Sullivan Park		3:30 pm Table Tennis Mission Library		
Boot Camp Harlandale Park	RoTenGo Labor Street Park	Volleyball Conditioning Copernicus Park		Line Dancing Berta Almaguer		
Boot Camp South San Park	6:15 pm Cross Training Garza Park	Cyclo Cross LBJ Park		4:00 pm Meditation Hardberger Park West		
Circuit Training Woodlawn Lake Park	6:30 pm Caribe Rico Miderno Lions Field	6:45 pm Aqua Zumba Woodlawn Pool				
Core Training OP Schnabel Park	7:00 pm Zumba Garza Park	7:00 pm Interval Training Walker Ranch Park				
Yoga Collins Garden Park	Interval Training Highland Park	Youth Sports Conditioning Cuellar Park				
Core Training OP Schnabel Park	CIZE Live Enrique Barrera FC	Yoga San Pedro Park				
Basketball Conditioning Copernicus Park	7:30 pm Circuit Training Lions Field	7:30 pm CrossFit Ward Park				

**Last day to earn
Fit Pass 2016
points!**

WEEKLY SCHEDULE

SEPTEMBER 2016

Monday September 5	Tuesday September 6	Wednesday September 7	Thursday September 8	Friday September 9	Saturday September 10	Sunday September 11
<p><u>Holiday Buster</u></p> <p>Walk or jog to the nearest post office and drop your completed passport into the mail. Don't forget to complete the post-survey questions in the back before you seal the envelope.</p>	<p>7:30 am Lap Swim Various Pools</p> <p>8:30 am Walking Group Commanders House</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>Chair Volleyball Lackland Terrace Park</p> <p>10:00 am Folklorico Berta Almaguer Studio</p> <p>11:00 am Ballet Exercise Berta Almaguer Studio</p> <p>Belly Dancing Commander's House</p> <p>11:30 am Aqua Fitness SA Natatorium</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:00 pm Kids Cross Fit Rainbow Hills Park</p> <p>Yoga Cuellar Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>Belly Dancing Lions Field</p> <p>6:00 pm Circuit Training Enrique Barrera FC</p> <p>Zumba Arnold Park</p> <p>Tae Bo Copernicus Park</p> <p>Cross Fit Highland Park</p> <p>Cross Fit Rainbow Hills Park</p> <p>Family Fitness La Villita</p> <p>Walk to Run San Juan Park</p> <p>6:15 pm RoTenGo Labor Street Park</p> <p>6:30 pm Cross Training Garza Park</p> <p>Zumba Garza Park</p> <p>Core Blast Copernicus Park</p> <p>Caribe Rico Miderno Lions Field</p> <p>7:00 pm Interval Training Highland Park</p> <p>Interval Training La Villita</p> <p>CIZE Live Enrique Barrera FC</p> <p>Walk to Run Rainbow Hills Park</p> <p>Walk to Run Normoyle Park</p> <p>Walk to Run Millers Pond</p> <p>Yoga San Pedro Park</p> <p>7:30 pm Circuit Training Lions Field</p> <p>Core Blast Palm Heights</p> <p>8:00 pm Circuit Training La Villita</p>	<p>7:30 am Lap Swim Various Pools</p> <p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Lou Kardon Park</p> <p>Walking Group Lions Field</p> <p>10:00 am Low-Impact Circuit Lackland Terrace Park</p> <p>12:30 pm Belly Dancing Granados Park</p> <p>1:30 pm Caribe Rico Miderno Granados Park</p> <p>5:00 pm Trail Walking Pearsall Park</p> <p>5:30 pm Boot Camp Travis Park</p> <p>Walk to Run Garza Park</p> <p>6:00 pm Cardio Kickboxing Walker Ranch Park</p> <p>Adult Tennis McFarlin Tennis Center</p> <p>Cross Fit Pearsall Park</p> <p>Yoga LBJ Park</p> <p>Core Blast Millers Pond</p> <p>Walk to Run Monterrey Park</p> <p>6:10 pm Cyclo Cross LBJ Park</p> <p>6:30 pm Boot Camp Garza Park</p> <p>Zumba Jimmy Flores Park</p> <p>Body Combat Pittman-Sullivan Park</p> <p>Cyclo Cross LBJ Park</p> <p>Interval Training Ward Park</p> <p>Volleyball Conditioning Copernicus Park</p> <p>Walk to Run Villa Coronado</p> <p>Walk to Run Copernicus Park</p> <p>6:45 pm Aqua Zumba Woodlawn Pool</p> <p>7:00 pm Interval Training Walker Ranch Park</p> <p>Youth Sports Conditioning Cuellar Park</p> <p>Walk to Run Millers Pond</p> <p>WOD Rainbow Hills</p> <p>Piloxing LBJ Park</p> <p>7:30 pm CrossFit Ward Park</p> <p>WOD Palm Heights</p>	<p>7:30 am Lap Swim Various Pools</p> <p>8:30 am Walking Group Commanders House</p> <p>Functional Fitness Lions Field</p> <p>11:30 am Aqua Fitness SA Natatorium</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:30 pm Walking Group Woodlawn Lake Park</p> <p>Circuit Training Bonnie Conner Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>6:00 pm Circuit Training Enrique Barrera FC</p> <p>Walk to Run San Juan Park</p> <p>6:30 pm Circuit Training Woodlawn Lake Park</p> <p>Cross Training Garza Park</p> <p>Interval Training Bonnie Conner Park</p> <p>7:00 pm Walk It Out Fitness Copernicus Park</p> <p>Walk to Run Rainbow Hills Park</p> <p>7:30 pm Interval Training Woodlawn Lake Park</p>	<p>10:00 am Line Dancing Lackland Terrace Park</p> <p>Line Dancing Granados Center</p> <p>Easy Movement Lions Field</p> <p>11:00 am Tai Chi Pan American Library</p> <p>Folklorico Granados Center</p> <p>4:30 pm Table Tennis Lions Field</p> <p>5:30 pm Walk to Run Garza Park</p> <p>6:00 pm Zumba OP Schnabel Park</p> <p>Rotengo Jesse James Leija Gym</p>	<p>9:00 am Pickleball LBJ Park</p> <p>Zumba McAllister Park</p> <p>Hip Hop Dance Berta Almaguer Studio</p> <p>Cross Fit McAllister Park</p> <p>Circuit Training Kennedy Park</p> <p>Belly Dancing Berta Almaguer Studio</p> <p>9:30 am Boot Camp Hardberger Park East</p> <p>10:00 am Zumba Rosedale Park</p> <p>Circuit Training McAllister Park</p> <p>Low Impact Circuit Encino Library</p> <p>Walk to Run Millers Pond</p> <p>Cross Fit Monterrey Park</p> <p>10:30 am Chair Yoga Dorie Miller Park</p> <p>Yoga Hardberger Park East</p> <p>11:00 am Body Pump Rosedale Park</p> <p>Interval Training McAllister Park</p> <p>Boot Camp Encino Library</p> <p>WOD Copernicus Park</p> <p>WOD Millers Pond</p> <p>11:30 am Yoga Dorie Miller Park</p> <p>Zumba LBJ Park</p> <p>12:00 pm Cardio Kickboxing Rosedale Park</p> <p>Martial Arts Encino Library</p> <p>12:30 pm Martial Arts Encino Library</p> <p>1:00 pm Walk It Out Fitness Copernicus Park</p> <p>Yoga Mission Library</p> <p>Walk to Run Rainbow Hills Park</p> <p>2:00 pm Bicycle Circuit Training Mission Library</p> <p>Walk to Run Normoyle Park</p> <p>Walk to Run Arnold Park</p> <p>Basketball Conditioning Arnold Park</p> <p>3:00 pm Core Blast Arnold Park</p> <p>WOD South Side Lions Park</p> <p>Basketball Conditioning Arnold Park</p> <p>3:30 pm Table Tennis Mission Library</p> <p>Line Dancing Berta Almaguer</p> <p>4:00 pm Meditation Hardberger Park West</p>	<p>10:00 am Circuit Training Lockwood Park</p> <p>11:00 am Yoga Pan American Library</p> <p>Family Fitness Lockwood Park</p>

WEEKLY SCHEDULE

SEPTEMBER 2016

Monday September 12	Tuesday September 13	Wednesday September 14	Thursday September 15	Friday September 16	Saturday September 17	Sunday September 18
5:15 am Circuit Training Walker Ranch Park	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	Line Dancing Granados Center	Hip Hop Dance Berta Almaguer Studio	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Lou Kardon Park	Functional Fitness Lions Field	Easy Movement Lions Field	Cross Fit McAllister Park	Yoga Pan American Library
Low Impact Circuit West End Park	Chair Volleyball Lackland Terrace Park	Walking Group Lions Field	Aqua Fitness SA Natatorium	Tai Chi Pan American Library	Belly Dancing Berta Almaguer Studio	Circuit Training LBJ Park
Walking Group Lions Field	Folklorico Berta Almaguer Studio	Low-Impact Circuit Lackland Terrace Park	Table Tennis Mission Library	11:00 am Folklorico Granados Center	Circuit Training LBJ Park	12:00 pm Stretching Hardberger Park West
9:30 am Modified Tennis Granados Center	10:00 am Ballet Exercise Berta Almaguer Studio	12:30 pm Belly Dancing Granados Park	5:30 pm Walking Group Woodlawn Lake Park	4:30 pm Table Tennis Lions Field	10:00 am Zumba Rosedale Park	5:00 pm Belly Dancing Encino Library
Walking Group West End Park	11:00 am Belly Dancing Commander's House	1:30 pm Caribe Rico Miderno Granados Park	Circuit Training Bonnie Conner Park	5:30 pm Walk to Run Garza Park	Low Impact Circuit Encino Library	
10:00 am Social Walk Lackland Terrace Park	Aqua Fitness SA Natatorium	5:00 pm Trail Walking Pearsall Park	Bailar es vivir Enrique Barrera FC	6:00 pm Zumba OP Schnabel Park	Walk to Run Millers Pond	
Easy Movement Lions Field	11:30 am Table Tennis Mission Library	5:30 pm Boot Camp Travis Park	Circuit Training Enrique Barrera FC	Rotengo Jesse James Leija Gym	Cross Fit Monterrey Park	
Low-Impact Circuit Parman Library	1:00 pm Kids Cross Fit Rainbow Hills Park	6:00 pm Cardio Kickboxing Walker Ranch Park	6:00 pm Circuit Training Enrique Barrera FC		10:30 am Chair Yoga Dorie Miller Park	
10:30 am Pickleball Granados Park	5:00 pm Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	Tae Bo Copernicus Park		11:00 am Body Pump Rosedale Park	
1:00 pm Table Tennis Lions Field	5:30 pm Belly Dancing Lions Field	Circuit Training Woodlawn Lake Park	Walk to Run San Juan Park		Interval Training McAllister Park	
5:30 pm Walking Group Woodlawn Lake Park	Bailar es vivir Enrique Barrera FC	Interval Training Bonnie Conner Park	6:30 pm Circuit Training Woodlawn Lake Park		Boot Camp Encino Library	
Family Fitness OP Schnabel Park	6:00 pm Circuit Training Enrique Barrera FC	Cross Training Garza Park	Interval Training Bonnie Conner Park		WOD Copernicus Park	
Walk to Run Garza Park	Cross Fit Highland Park	Walk to Run Monterrey Park	7:00 pm Walk It Out Fitness Copernicus Park		WOD Millers Pond	
6:00 pm Hula LBJ Park	Zumba Arnold Park	Cyclo Cross LBJ Park	Walk to Run Rainbow Hills Park		11:30 am Yoga Dorie Miller Park	
Circuit Training Collins Garden Park	Tae Bo Copernicus Park	6:10 pm Boot Camp Garza Park	Interval Training Rainbow Hills Park		Zumba LBJ Park	
Zumba Highland Park	Cross Fit Rainbow Hills Park	6:30 pm Zumba Jimmy Flores Park	Walk to Run Rainbow Hills Park		12:00 pm Cardio Kickboxing Rosedale Park	
6:30 pm Boot Camp Garza Park	Walk to Run San Juan Park	Interval Training Ward Park	7:30 pm Interval Training Woodlawn Lake Park		Martial Arts Encino Library	
Boot Camp Harlandale Park	RoTenGo Labor Street Park	Body Combat Pittman-Sullivan Park			Martial Arts Encino Library	
Boot Camp South San Park	Cross Training Garza Park	Cyclo Cross LBJ Park			1:00 pm Walk It Out Fitness Copernicus Park	
Circuit Training Woodlawn Lake Park	Caribe Rico Miderno Lions Field	Volleyball Conditioning Copernicus Park			Walk to Run Rainbow Hills Park	
Walk to Run Villa Coronado	Zumba Garza Park	Walk to Run Villa Coronado			2:00 pm Walk to Run Normoyle Park	
Core Training OP Schnabel Park	Core Blast Copernicus Park	Walk to Run Copernicus Park			Walk to Run Arnold Park	
7:00 pm Yoga Collins Garden Park	Interval Training Highland Park	Aqua Zumba Woodlawn Pool			Basketball Conditioning Arnold Park	
Core Training OP Schnabel Park	CIZE Live Enrique Barrera FC	Interval Training Walker Ranch Park			Core Blast Arnold Park	
Basketball Conditioning Copernicus Park	Walk to Run Rainbow Hills Park	Youth Sports Conditioning Cuellar Park			WOD South Side Lions Park	
Core Blast Rainbow Hills Park	Walk to Run Normoyle Park	Walk to Run Millers Pond			Basketball Conditioning Arnold Park	
Walk to Run Normoyle Park	Yoga San Pedro Park	WOD Rainbow Hills			Table Tennis Mission Library	
WOD Dawson Park	Circuit Training Lions Field	Piloxing LBJ Park			Line Dancing Berta Almaguer	
7:30 pm Interval Training Woodlawn Lake Park	Core Blast Palm Heights	7:30 pm CrossFit Ward Park			Meditation Hardberger Park West	
Cross Fit Harlandale Park		WOD Palm Heights				

WEEKLY SCHEDULE

SEPTEMBER 2016

Monday September 19	Tuesday September 20	Wednesday September 21	Thursday September 22	Friday September 23	Saturday September 24	Sunday September 25
5:15 am Circuit Training Walker Ranch Park	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	7:30 am Lap Swim Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:30 am Community Walk Pittman Sullivan Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	9:00 am Line Dancing Granados Center	9:00 am Pickleball LBJ Park	11:00 am Yoga Pan American Library
8:30 am Circuit Training Panther Springs Park	9:30 am Stroller Strides Hardberger Park East	8:30 am Walking Group Lions Field	8:30 am Functional Fitness Lions Field	Easy Movement Lions Field	Hip Hop Dance Berta Almaguer Studio	Circuit Training Hardberger Park West
Low Impact Circuit West End Park	Chair Volleyball Lackland Terrace Park	Circuit Training Lou Kardon Park	11:30 am Aqua Fitness SA Natatorium	11:00 am Tai Chi Pan American Library	Cross Fit McAllister Park	12:00 pm Stretching Hardberger Park West
Walking Group Lions Field	10:00 am Folklorico Berta Almaguer Studio	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Folklorico Granados Center	Belly Dancing Berta Almaguer Studio	
9:30 am Modified Tennis Granados Center	11:00 am Ballet Exercise Berta Almaguer Studio	12:30 pm Belly Dancing Granados Park	5:30 pm Walking Group Woodlawn Lake Park	4:30 pm Table Tennis Lions Field	9:30 am Boot Camp Hardberger Park East	5:00 pm Belly Dancing Encino Library
Walking Group West End Park	11:30 am Belly Dancing Commander's House	1:30 pm Caribe Rico Miderno Granados Park	Circuit Training Bonnie Conner Park	5:30 pm Walk to Run Garza Park	10:00 am Zumba Rosedale Park	
10:00 am Social Walk Lackland Terrace Park	1:00 pm Aqua Fitness SA Natatorium	5:00 pm Trail Walking Pearsall Park	Bailar es vivir Enrique Barrera FC	6:00 pm Zumba OP Schnabel Park	6:00 pm Low Impact Circuit Encino Library	
Easy Movement Lions Field	Table Tennis Mission Library	5:30 pm Boot Camp Travis Park	Circuit Training Enrique Barrera FC	Rotengo Jesse James Leija Gym	Walk to Run Millers Pond	
Low-Impact Circuit Parman Library	5:00 pm Kids Cross Fit Rainbow Hills Park	6:00 pm Cardio Kickboxing Walker Ranch Park	Walk to Run San Juan Park		Cross Fit Monterrey Park	
10:30 am Pickleball Granados Park	Yoga Cuellar Park	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park		Chair Yoga Dorie Miller Park	
1:00 pm Table Tennis Lions Field	5:30 pm Belly Dancing Lions Field	Yoga LBJ Park	Interval Training Bonnie Conner Park		Yoga Hardberger Park East	
5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Circuit Training Enrique Barrera FC	Cross Fit Pearsall Park	Cross Training Garza Park			
Walk to Run Garza Park	Cross Fit Highland Park	Core Blast Millers Pond	7:00 pm Walk It Out Fitness Copernicus Park		11:30 am Yoga Dorie Miller Park	
Family Fitness OP Schnabel Park	Zumba Arnold Park	Walk to Run Monterrey Park	Walk to Run Rainbow Hills Park		12:00 pm Zumba LBJ Park	
6:00 pm Hula LBJ Park	Tae Bo Copernicus Park	6:10 pm Cyclo Cross LBJ Park	7:30 pm Interval Training Woodlawn Lake Park		12:30 pm Cardio Kickboxing Rosedale Park	
Circuit Training Collins Garden Park	Cross Fit Rainbow Hills Park	6:30 pm Boot Camp Garza Park			Martial Arts Encino Library	
Zumba Highland Park	Walk to Run San Juan Park	Zumba Jimmy Flores Park			12:30 pm Martial Arts Encino Library	
6:30 pm Boot Camp Garza Park	RoTenGo Labor Street Park	Interval Training Ward Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Harlandale Park	Cross Training Garza Park	Body Combat Pittman-Sullivan Park			Yoga Mission Library	
Boot Camp South San Park	Caribe Rico Miderno Lions Field	Cyclo Cross LBJ Park			Walk to Run Rainbow Hills Park	
Walk to Run Villa Coronado	Zumba Garza Park	Volleyball Conditioning Copernicus Park			2:00 pm Bicycle Circuit Training Mission Library	
Circuit Training Woodlawn Lake Park	Core Blast Copernicus Park	Walk to Run Villa Coronado			Basketball Conditioning Arnold Park	
Core Training OP Schnabel Park	Interval Training Highland Park	Walk to Run Copernicus Park			Walk to Run Normoyle Park	
7:00 pm Yoga Collins Garden Park	CIZE Live Enrique Barrera FC	Aqua Zumba Woodlawn Pool			Walk to Run Arnold Park	
WOD Dawson Park	Walk to Run Rainbow Hills Park	Interval Training Walker Ranch Park			3:00 pm Basketball Conditioning Arnold Park	
Basketball Conditioning Copernicus Park	Walk to Run Normoyle Park	Youth Sports Conditioning Cuellar Park			Core Blast Arnold Park	
Core Blast Rainbow Hills Park	Walk to Run Millers Pond	Walk to Run Millers Pond			WOD South Side Lions Park	
Walk to Run Normoyle Park	Yoga San Pedro Park	WOD Rainbow Hills			3:30 pm Table Tennis Mission Library	
Core Training OP Schnabel Park	Circuit Training Lions Field	Piloxing LBJ Park			Line Dancing Berta Almaguer	
7:30 pm Interval Training Woodlawn Lake Park	Core Blast Palm Heights	CrossFit Ward Park			4:00 pm Meditation Hardberger Park West	
Cross Fit Harlandale Park		WOD Palm Heights				

WEEKLY SCHEDULE

SEPTEMBER - OCTOBER 2016

Monday September 26	Tuesday September 27	Wednesday September 28	Thursday September 29	Friday September 30	Saturday October 1	Sunday October 2
5:15 am Circuit Training Walker Ranch Park	8:30 am Walking Group Commanders House	8:30 am Circuit Training Panther Springs Park	8:30 am Walking Group Commanders House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Lou Kardon Park	Functional Fitness Lions Field	Line Dancing Granados Center	Hip Hop Dance Berta Almaguer Studio	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	Walking Group Lions Field	11:30 am Water Fitness SA Natatorium	Easy Movement Lions Field	Cross Fit McAllister Park	11:00 am Circuit Training Hardberger Park West
Low Impact Circuit West End Park	10:00 am Folklorico Berta Almaguer Studio	Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	11:00 am Tai Chi Pan American Library	Belly Dancing Berta Almaguer Studio	Yoga Pan American Library
Walking Group Lions Field	11:00 am Ballet Exercise Berta Almaguer Studio	Belly Dancing Granados Park	5:30 pm Walking Group Woodlawn Lake Park	Folklorico Granados Center	Boot Camp Hardberger Park East	12:00 pm Stretching Hardberger Park West
9:30 am Modified Tennis Granados Center	Belly Dancing Commander's House	1:30 pm Caribe Rico Miderno Granados Park	Circuit Training Bonnie Conner Park	4:30 pm Table Tennis Lions Field	Zumba Rosedale Park	5:00 pm Belly Dancing Encino Library
Walking Group West End Park	11:30 am Aqua Fitness SA Natatorium	5:00 pm Trail Walking Pearsall Park	Bailar es vivir Enrique Barrera FC	5:30 pm Walk to Run Garza Park	Cross Fit Monterrey Park	
10:00 am Low-Impact Circuit Patman Library	1:00 pm Table Tennis Mission Library	5:30 pm Boot Camp Travis Park	6:00 pm Circuit Training Enrique Barrera FC	6:00 pm Zumba OP Schnabel Park	Chair Yoga Dorie Miller Park	
Social Walk Lackland Terrace Park	5:00 pm Kids Cross Fit Rainbow Hills Park	6:00 pm Walk to Run Garza Park	Tae Bo Copernicus Park	Rotengo Jesse James Leija Gym	Yoga Hardberger Park East	
Easy Movement Lions Field	Yoga Cuellar Park	Cardio Kickboxing Walker Ranch Park	Walk to Run San Juan Park		Body Pump Rosedale Park	
10:30 am Pickleball Granados Park	5:30 pm Belly Dancing Lions Field	Adult Tennis McFarlin Tennis Center	6:30 pm Circuit Training Woodlawn Lake Park		Interval Training McAllister Park	
1:00 pm Table Tennis Lions Field	Bailar es vivir Enrique Barrera FC	Yoga LBJ Park	Interval Training Bonnie Conner Park		Boot Camp Encino Library	
5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Circuit Training Enrique Barrera FC	Cross Fit Pearsall Park	Cross Training Garza Park		Yoga Dorie Miller Park	
Family Fitness OP Schnabel Park	Cross Fit Highland Park	Core Blast Millers Pond			Zumba LBJ Park	
Walk to Run Garza Park	Zumba Arnold Park	Walk to Run Monterrey Park			Cardio Kickboxing Rosedale Park	
6:00 pm Hula LBJ Park	Tae Bo Copernicus Park	6:10 pm Cyclo Cross LBJ Park	7:00 pm Walk It Out Fitness Copernicus Park		Martial Arts Encino Library	
Circuit Training Collins Garden Park	Cross Fit Rainbow Hills Park	6:30 pm Boot Camp Garza Park	Walk to Run Rainbow Hills Park		Martial Arts Encino Library	
Zumba Highland Park	Walk to Run San Juan Park	Zumba Jimmy Flores Park	7:30 pm Interval Training Woodlawn Lake Park		1:00 pm Walk It Out Fitness Copernicus Park	
6:30 pm Boot Camp Garza Park	6:15 pm RoTenGo Labor Street Park	Interval Training Ward Park			Yoga Mission Library	
Boot Camp Harlandale Park	6:30 pm Cross Training Garza Park	Body Combat Pittman-Sullivan Park			2:00 pm Bicycle Circuit Training Mission Library	
Boot Camp South San Park	Caribe Rico Miderno Lions Field	Volleyball Conditioning Copernicus Park			Basketball Conditioning Arnold Park	
Circuit Training Woodlawn Lake Park	Zumba Garza Park	Cyclo Cross LBJ Park			Basketball Conditioning Arnold Park	
Core Training OP Schnabel Park	Core Blast Copernicus Park	Walk to Run Villa Coronado			Table Tennis Mission Library	
Walk to Run Villa Coronado	Interval Training Highland Park	Walk to Run Copernicus Park			Line Dancing Berta Almaguer	
7:00 pm Yoga Collins Garden Park	CIZE Live Enrique Barrera FC	7:00 pm Interval Training Walker Ranch Park			4:00 pm Meditation Hardberger Park West	
WOD Dawson Park	Walk to Run Rainbow Hills Park	Youth Sports Conditioning Cuellar Park				
Core Training OP Schnabel Park	Walk to Run Normoyle Park	Walk to Run Millers Pond				
Basketball Conditioning Copernicus Park	Walk to Run Millers Pond	WOD Rainbow Hills				
Core Blast Rainbow Hills Park	Yoga San Pedro Park	Piloxing LBJ Park				
Walk to Run Normoyle Park	Circuit Training Lions Field	7:30 pm CrossFit Ward Park				
7:30 pm Interval Training Woodlawn Lake Park	Core Blast Palm Heights	WOD Palm Heights				
Cross Fit Harlandale Park						